



## Watch Your Step

Many people fail to realize that the common habit of coffee drinking may, sooner or later, handicap ability and hinder progress.

It is a scientific fact that coffee contains a harmful drug, caffeine, which with many, through regular use, causes nervousness, headache, heart flutter, or other annoying ills.

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**C. N. BOND**

THE FLORIST

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## SOUTH NEWFANE.

The meeting of the Ladies' Benevolent society Wednesday afternoon with Mrs. Bailey and Mrs. Kelsey was well attended. 18 ladies being present. It was voted to serve supper at Grange hall, Williamsville, Friday, Nov. 17. Mrs. Ella S. Willard, Mrs. C. E. Brown, Mrs. M. A. Bingham and Mrs. F. E. Fisher were appointed a committee to have charge of all arrangements.

## GUILFORD CENTER.

Ladies' night will be observed at the next regular Grange meeting, Oct. 14. Women are requested to bring boxes containing supper for two.

## TO STOP SPREAD OF WHITE PLAGUE

Motion Pictures to Be Shown in Principal Theaters of Vermont

STATE ASSOCIATION PLANS CAMPAIGN

Rural Schools to Be Included in Health Contest — Physicians to Be Asked to Co-operate and Legislature Will Be Asked to Assist.

On Thursday afternoon, in Burlington, the executive committee of the newly formed Vermont Association for the Prevention of Tuberculosis confirmed plans presented by the secretary, H. W. Sloan, for beginning an active campaign against the spread of the white plague in Vermont.

The first step will be taken early next week, when all the principal motion picture theaters in the state will display the first of a series of monthly health bulletins printed on slides. The bulletins will give in a few, clear words expert advice in the prevention of disease and the maintenance of health. They are intended to help the elimination of tuberculosis and all other preventable diseases as well.

The rural schools also will be included in a health contest arranged by the association, the object of which is, in the spirit of play, to teach by word and example lessons in hygiene to an audience that will never forget them.

In addition to the educational work, the association will ask for the co-operation of every physician in the state in arriving at a solution of the problem of guarding the public from open contagious cases of tuberculosis. The plan finally agreed upon will be presented to the legislature this winter, and the fact that tuberculosis is a contagious disease will be emphasized. The state will be asked to do its duty toward preventing the spread of tuberculosis by the infectious cases that are not able to adequately protect other people. It was stated in the report that in addition to stopping the future spread of the tubercle bacilli by open cases of tuberculosis it would be necessary to provide proper care of children who had been living in the vicinity of an open case. Unless a particular effort is made to have these children live in the open air, receive the proper food and medical supervision now, most of them will develop into open cases of the disease, cutting short their own lives and endangering others. The report recommended that as soon as enough money was received to pay the expenses a physician expert in diagnosing incipient tuberculosis should be employed. All children living in homes where they have been exposed to tuberculosis, and children whose weight and general health are below normal, should be afforded an opportunity of an expert examination. In this way all cases where signs of tuberculosis are found will be saved from the disease in later life by proper treatment begun early enough to be effective.

Plans were presented for the most extensive sale of Red Cross Christmas seals that the state has ever had. The association depends for its funds upon the receipts of the Red Cross seals and a large number of \$1 membership fees. The seals are sold for one cent each. Local seal agents will be appointed for every town and the larger post-offices will have Red Cross seal booths where people will have an opportunity to place the seals on their Christmas packages and letters. Certain days will be set aside when the school children will be asked to sell the seals. In addition to this, a dollar's worth of seals will be mailed to a large number of citizens. Each letter will contain a stamped reply envelope and the receiver will be politely requested to help the work by returning one dollar for the seals or, if he does not care to send the money, to return the seals.

This plan has been used all over the country and has resulted in over \$500,000 for anti-tuberculosis work.

## WEST GUILFORD.

Mrs. Elsie Fuller of Spofford, N. H., came Wednesday to visit her sister, Mrs. William Akley.

Miss Mae Sadernan, who had been working a month at Henry Cutting's, returned to her home Saturday.

The Rural Home club will meet next Wednesday, Oct. 11, all day, with Mrs. H. L. Nichols in West Brattleboro.

The Ladies' Aid society will serve a hulled corn supper in the church vestry Friday evening, Oct. 6. All are invited.

Mrs. Christina Goggins of Waltham, Mass., came Saturday to stay through the winter with Mrs. G. G. Eastwood and brother, Henry Cutting.

A heifer owned by Thomas Bros. was seriously choked Tuesday evening, but with the help of Arthur Lynde the animal was saved.

Several of the young people went to the home of Chapin Wright last week Thursday evening to remind him of his 22d birthday anniversary. A pleasant time was enjoyed and refreshments were served.

## GREEN RIVER.

Merton Beckwith is visiting his mother, Mrs. George Denison.

Most of the fall apples are being shipped to Boston from this section.

Mrs. Laura Hulse is in Brattleboro for a visit of several days with her sister, Mrs. Albert A. Smith.

Harry W. White of Yonkers, N. Y., came Wednesday to spend his vacation with his brother, Herbert E. White.

The rattlesnake never shrinks from danger. It simply re-coils.

## WARDSBORO.

Mrs. A. P. Dorsey is spending a few days at Underwood hotel.

Dr. G. H. Hopkinson of Boston was a weekend visitor at his home.

Miss Edith Kidder was home from her school from Friday to Sunday.

Miss Etta Thomas visited her home in Athens from Friday to Sunday.

Miss Hattie Waite of Brattleboro visited her mother, Dexter Waite, Saturday.

Mrs. Olive Briggs is caring for Mrs. Ray Lyman and little daughter in Stratton.

Miss Milton Johnson of New York city visited her aunt, Mrs. Dexter Waite, Saturday.

Mrs. Addie Gordon, who had been visiting in Brattleboro, returned home Monday.

Ernest Davis of South Londonderry was in town last week repairing the telephone lines.

Rev. Ashfield Ashford assisted the men in repairing the South Wardsboro church Wednesday.

Fifteen members of Wardsboro lodge, No. 70, attended the district meeting in Brattleboro Tuesday night.

Mrs. Frank Lowe and Miss Florence Lowe, who had been visiting in Royalton, Mass., returned home Monday.

Mrs. Richard Wilder of Manchester, N. H., who had been visiting her brother, C. L. Shine, returned home Monday.

Rev. and Mrs. Edson Roel of Clemons, N. Y., visited at H. H. Forrester's and called on other friends Wednesday.

Carl Newcomb, who had been visiting his mother, Mrs. Annie Newcomb, returned to Springfield, Mass., Monday.

The subject for next Sunday morning, Oct. 8, will be Moses's prayer, and in the evening, God's Love. All are invited.

Addison Kidder and friend, Miss Apple, of Brattleboro visited his parents, Mr. and Mrs. W. W. Kidder, Sunday.

Mr. and Mrs. H. G. Pratt, Mr. and Mrs. G. H. Smith, and Mrs. Pauline Ward of Brattleboro visited at Dexter Waite's Sunday.

T. Wright Plimpton, who has been working the past few months in Seymour, Conn., returned home Saturday night.

Sydney Putnam and Mr. and Mrs. George Putnam, who had been visiting at C. L. Shine's, returned to their home in Bedford, Iowa, last week.

Miss Hattie E. Smith of Springfield, Mass., is with her aunt, Mrs. W. W. Kidder, and is having the interior of her house renovated, which she bought of F. B. Kidder last year.

## WEST WARDSBORO.

Bernard Newell of Guilford spent Sunday at home.

Mrs. L. E. Reed is visiting her son, Daniel, in Tilton, N. H.

Walter Robinson of Brattleboro spent Sunday with friends here recently.

Rev. and Mrs. Roel of Clemons, N. Y., called at Henry Payne's Wednesday.

Mr. and Mrs. Waylie Newell of Jamaica were at E. O. Newell's Sunday.

George Colburn and family, who visited at A. R. Robinson's several days last

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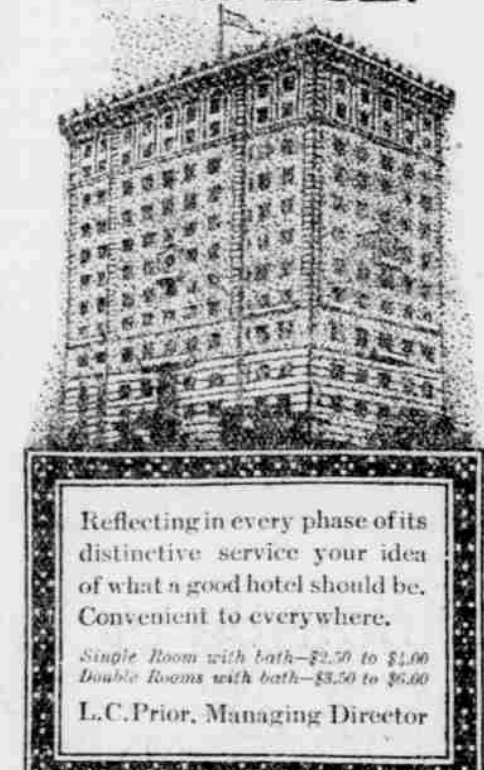
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